

## CLAIMS:

What is claimed is:

1. An apparatus comprising:  
a pad portion coupled to a first belt portion on a first end and a second belt portion on a second end; and  
a removable coupling means for coupling the first belt portion with the second belt portion,  
wherein the pad portion is adapted to be placed over one of a person's abdomen and thoracic area, and the removable coupling means adjusts pressure of the pad portion on one of a person's abdomen and thoracic area.
2. The apparatus of claim 1, wherein the pad portion is a pillow, the pillow having a top portion and a bottom portion.
3. The apparatus of claim 2, the bottom portion having a concave shape.
4. The apparatus of claim 1, wherein the pad portion is filled with gel, the pad portion having a top portion and a bottom portion.
5. The apparatus of claim 4, the bottom portion having a concave shape.
6. The apparatus of claim 1, wherein the removable coupling means is a Velcro type band disposed on inner and outer side surfaces of the first belt portion and the second belt portion for fastening the first and second belt portions together in an overlapping manner.
7. The apparatus of claim 1, wherein the removable coupling means is a buckle adapted to slide an end portion of one of the first belt portion and an end of the second belt portion for fastening the first and second belt portions together with the buckle.
8. The apparatus of claim 1, wherein the removable coupling means is at least one lace, the first belt portion and the second belt portion each having a plurality of through holes, wherein the at least one lace is removably coupled through the plurality of through holes for fastening the first and second belt portions together.

9. The apparatus of claim 1, the pad portion adapted to be placed substantially parallel to an incision on one of a person's abdomen and thoracic area.
10. The apparatus of claim 1, the pad portion adapted to be placed substantially perpendicular with an incision on one of a person's abdomen and thoracic area.
11. The apparatus of claim 1, the pad portion having a fill opening, the fill opening having fastening means for closing the fill opening, the fill opening to hold varying amount of filler to adjust thickness of the pad portion.
12. The apparatus of claim 11, the fastening means is one of a zipper and Velcro type bands disposed on inner and outer side surfaces of the fill opening for one of opening and closing the fill opening.
13. The apparatus of claim 1, further including a pad portion cover, the cover adapted to fit over the pad portion.
14. The apparatus of claim 1, further including a lumbar support pad removably coupled to an inside portion of one of the first belt portion and the second belt portion.
15. The apparatus of claim 14, further including a lumbar support pad cover removably coupled to the lumbar support pad.
16. The apparatus of claim 1, wherein the pad portion is adapted to be placed over an incision on one of a person's abdomen and thoracic area.
17. The apparatus of claim 1, wherein the pad portion is adapted to assist in flattening a person's abdominal area after giving birth.
18. An apparatus comprising:
  - a pad portion having a first end, a second end, a third end and a fourth end;
  - a first removable coupling means for coupling a first belt portion to one of the pad portion's ends,

a second removable coupling means for coupling a second belt portion to another of the pad portion's ends, and

a third removable coupling means for coupling the first belt portion to the second belt portion,  
wherein the pad portion is adapted to be placed on one of a person's abdomen and thoracic area, and the third removable coupling means adjusts the pad portion pressure on one of a person's abdomen and thoracic area.

19. The apparatus of claim 18, wherein the pad portion is a pillow, the pillow having a top portion and a bottom portion.

20. The apparatus of claim 19, the bottom portion having a concave shape.

21. The apparatus of claim 18, wherein the pad portion is filled with gel, the pad portion having a top portion and a bottom portion.

22. The apparatus of claim 21, the bottom portion having a concave shape

23. The apparatus of claim 18, wherein the first removable coupling means, the second removable coupling means, and the third removable coupling means are each a Velcro type band disposed on the first pad end portion, the second pad end portion, the third pad end portion and the fourth pad end portion, the first belt portion and the second belt portion for fastening the first and second belt portions to the pad, and the first and second belt portions together in an overlapping manner.

24. The apparatus of claim 18, wherein the third removable coupling means is a buckle adapted to slide an end portion of the first belt portion and an end of the second portion for fastening the first and second belt portions together with the buckle.

25. The apparatus of claim 18, wherein the first, the second and the third removable coupling means comprise at least one lace each, the first belt portion, the second belt portion and the pad ends each having a plurality of through holes, wherein each lace is removably coupled through the plurality of through holes for fastening the first and second belt portions together, and the first and second belt portions each to one of the pad's ends.

26. The apparatus of claim 18, the pad portion adapted to be placed substantially parallel with an incision on one of a person's abdomen and thoracic area.
27. The apparatus of claim 18, the pad portion adapted to be placed substantially perpendicular with an incision on one of a person's abdomen and thoracic area.
28. The apparatus of claim 18, the pad portion having a fill opening, the fill opening having fastening means for closing the fill opening, the fill opening to hold varying amount of filler to adjust thickness of the pad portion.
29. The apparatus of claim 28, the fastening means is one of a zipper and Velcro type bands disposed on inner and outer side surfaces of the fill opening for one of opening and closing the fill opening.
30. The apparatus of claim 18, further including a pad portion cover, the cover adapted to fit over the pad portion.
31. The apparatus of claim 18, further including a lumbar support pad removably coupled to an inside portion of one of the first belt portion and the second belt portion.
32. The apparatus of claim 31, further including a lumbar support pad cover removably coupled to the lumbar support pad.
33. The apparatus of claim 18, wherein the pad portion is adapted to assist in flattening a person's abdominal area after giving birth.
34. An apparatus comprising:  
a pad portion coupled to a first belt portion on a first end and a second belt portion on a second end;  
a removable coupling means for coupling the first belt portion with the second belt portion, and  
a lumbar support pad removably coupled to an inside portion of one of the first belt portion and the second belt portion,

wherein the pad portion is adapted to be placed over one of a person's abdomen and thoracic area, and the removable coupling means adjusts pressure of the pad portion on one of a person's abdomen and thoracic area.

35. An apparatus comprising:

- a pad portion having a first end, a second end, a third end and a fourth end;

- a first removable coupling means for coupling a first belt portion to one of the pad portion's ends,

- a second removable coupling means for coupling a second belt portion to another of the pad portion's ends,

- a third removable coupling means for coupling the first belt portion to the second belt portion, and

- a lumbar support pad removably coupled to an inside portion of one of the first belt portion and the second belt portion,

wherein the pad portion is adapted to be placed on one of a person's abdomen and thoracic area, and the third removable coupling means adjusts the pad portion pressure on one of a person's abdomen and thoracic area.